



January 2023

BAY COUNTY DEPARTMENT ON AGING

HDM/CONGREGATE MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| (2) NEW YEARS ALL OFFICES & ACTIVITY CENTERS CLOSED  | (3) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Kyoto Blend Vegetables (9) Mandarin Oranges/ Pineapple Chunks (20) | (4) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Peanut Butter Cookies (20) | (5) CABBAGE ROLLS (17) Parsley Boiled Potatoes (18) Orange (18) | (6) FALL APPLE SALAD (38) Orange (0) |
| (9) BBQ CHICKEN BREAST (14) Redskin Potatoes (23) Corn (21) 4ct Oreo (33) | (10) BAKED TURKEY (3) Mashed Potatoes (17) w/ Turkey Gravy (2) Kyoto Blend Vegetables (9) Chocolate Pudding (27) | (11) GRILLED CHICKEN SANDWICH (29) Cheesy Mashed Potatoes (16) Colorful Peas & Carrots (9) Banana (27) | (12) HUNGARIAN PORK CHOP (6) Buttered Noodles (13) Spinach (5) Fresh Clementine (9) | (13) ROAST BEEF SLIDER (15) On WHOLE WHEAT BUN (25) Creamy Coleslaw (15) Tropical Fruit Salad (21) |
| (16) MARTIN LUTHER KING DAY ALL OFFICES & ACTIVITY CENTERS CLOSED  | (17) BAKED PORK CHOP (1) Loaded Potatoes (16) Broccoli Floret (4) Apricots (15) | (18) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Wax Beans (5) Pineapple Chunks (18) | (19) CHOP SUEY (13) Over BROWN RICE (13) King Charles Blend Vegetables (5) Gelatin Cup (5) | (20) SCRAMBLED EGGS (3) Sausage Links (1) Season Cubed Potatoes (20) Cinnamon Roll (10) Orange Juice Box (20) |
| (23) MEATBALL STROGANOFF (18) Buttered Noodles (13) Mixed Vegetables (11) Orange (0) | (24) BEAN & HAM SOUP (25) Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Juice (6) | (25) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Pineapple Orange Delight(31) | (26)) GARLICKY CHICKEN (16) Parsley Boiled Potatoes (12) Scandinavian Blend Vegetables (7) Diced Pears (0) | (27) PEPPER STEAK (10) Steamed Brown Rice (16) Broccoli Florets (4) Grape Juice Box (20) |

All Meals at the Activity Centers served with Fat-Free Milk (13) Number next to the menu item indicates carbohydrate count.
Menu is subject to change without notice. Be advised menu items may contain nuts. **Main Office: (989) 895-4100**